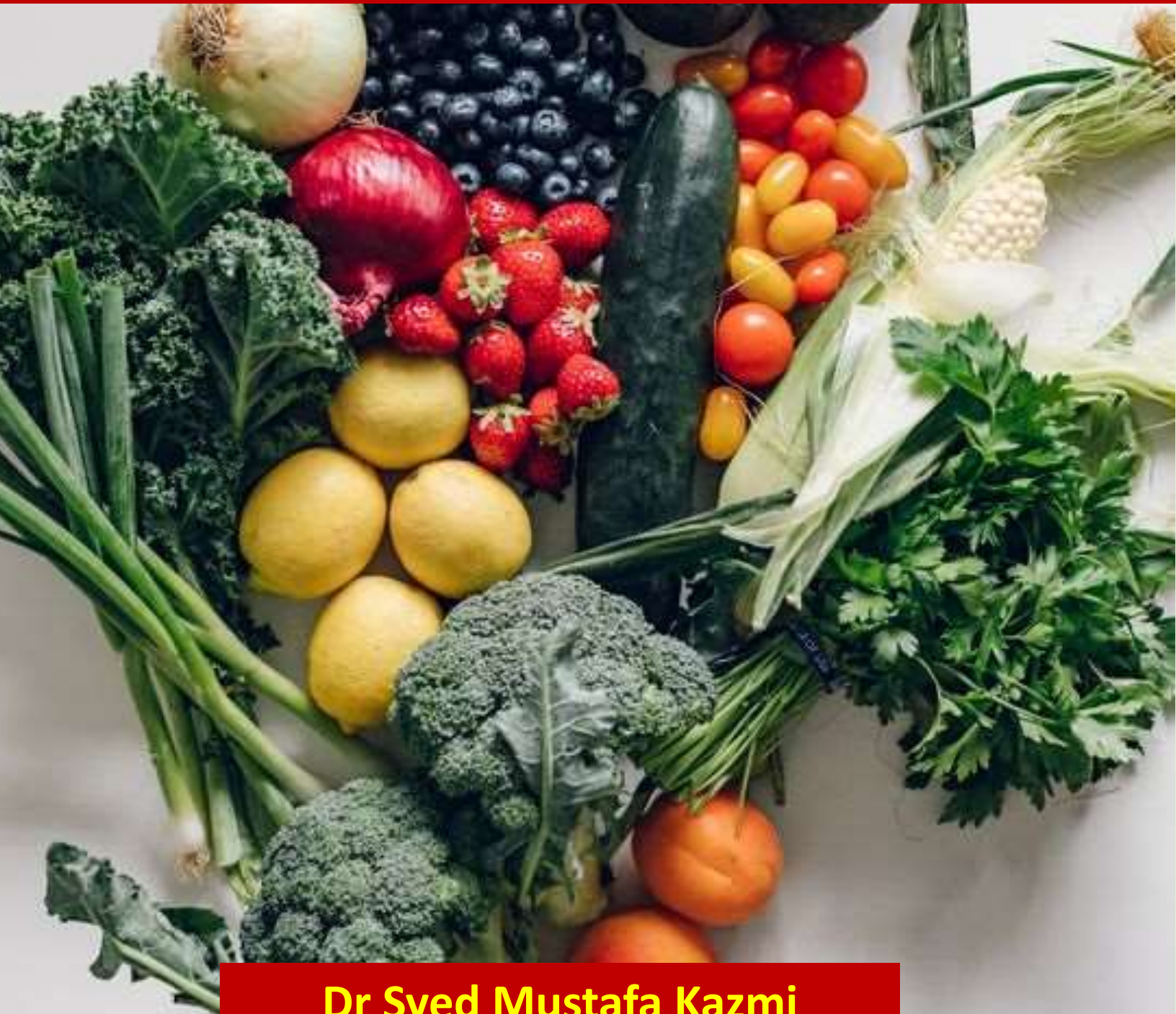


Paradise Foods

(The Healing Power of Paradise Foods in
Tib-e-Ahle-bait and Modern Medicine)



Dr Syed Mustafa Kazmi

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"Paradise Foods"

The Healing Power of Paradise Foods in Tib-e-Ahle-bait and Modern Medicine

Dr Syed Mustafa Kazmi

Fruit of Paradise in Tib e Ahlebait as Watermelon



The Prophet Muhammad (peace be upon him and his family) said: "Enjoy watermelon, for it is the fruit of paradise, and it contains a thousand blessings and a thousand mercies, and eating it is a remedy for every illness."

قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ: تَفَكَّهُوا بِالْبَطِيخِ؛ فَإِنَّهَا فَاكِهَةُ الْجَنَّةِ، وَفِيهَا
أَلْفُ بَرَكَهٍ وَأَلْفُ رَحْمَةٍ، وَأَكْلُهَا شِفَاءٌ مِنْ كُلِّ دَاءٍ.

Medicine of the Prophet (peace be upon him and his family), p. 8, Bihar al-Anwar, vol. 62, p. 296.

The Prophet (peace be upon him and his family) said:
"Satisfy your need for fruit with watermelon, for it is the fruit of paradise, in which there are a thousand blessings and a thousand mercies, and eating it heals every pain."

The Prophet Muhammad (peace be upon him and his family) said: "Enjoy watermelon, for its water is a mercy, and its sweetness is from the sweetness of paradise."

قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ: تَفَكَّهُوا بِالْبَطِيخِ؛ فَإِنَّ مَاءَهُ رَحْمَةٌ، وَحَلَاوَتُهُ
مِنْ حَلَاوَةِ الْجَنَّةِ

Makarem al-Akhlaq, vol. 1, p. 399, hadith 1359 from
Imam Ali (peace be upon him), Bihar al-Anwar, vol. 66, p.
194, hadith 8.

The Prophet (peace be upon him and his family) said:
"Satisfy your need for fruit with watermelon, for its water is a mercy, and its sweetness is from the sweetness of paradise."

The Prophet Muhammad (peace be upon him and his family) said: "Bite into watermelon and do not cut it into pieces; for it is a blessed, pure fruit that purifies the mouth, sanctifies the heart, whitens the teeth, pleases the Merciful One, its scent is like amber, its water is like

the Kawthar, its flesh is from Paradise, its delight is from paradise, and eating it is an act of worship."

قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ: عَضَّ الْبَطِيخَ وَلَا تَقْطَعْهَا قِطْعًا؛ فَإِنَّهَا فَارِكَةٌ
مُبَارَكَةٌ طَيِّبَةٌ، مُطَهِّرَةٌ الْفَمِ، مُقَدِّسَةٌ الْقَلْبِ، تُبَيِّضُ الْأَسْنَانَ، وَتُرْضِي الرَّحْمَنَ،
رِيحُهَا مِنَ الْعَنْبَرِ، وَمَاؤها مِنَ الْكَوْثَرِ، وَلَحْمُهَا مِنَ الْفِرْدَوْسِ، وَلَذَّتُهَا مِنَ الْجَنَّةِ، وَ
أَكْلُهَا مِنَ الْعِبَادَةِ

Medicine of the Prophet (peace be upon him and his family), p. 8, Bihar al-Anwar, vol. 62, p. 296.

The Prophet (peace be upon him and his family) said:

"Bite into watermelon and do not cut it into pieces; for it is a blessed fruit, delightful, purifying for the mouth and sanctifying for the heart. It whitens the teeth, pleases the Lord, its fragrance is like amber, its water is like the Kawthar, its flesh is from the Garden, its taste is from paradise, and eating it is an act of worship."

Ajwa dates

قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ: الْعَجْوَةُ مِنَ الْجَنَّةِ، وَفِيهَا شِفَاءٌ مِنَ السَّمِّ



The Messenger of Allah (peace be upon him and his family) said:
"Ajwa dates are from Paradise, and in them is a cure for poison."

Al-Mahasin, vol. 2, p. 342, hadith 2178; Da'a'im al-Islam, vol. 2, p. 147, hadith 518; Makarim al-Akhlaq, vol. 1, p. 364, hadith 1195; Bihar al-Anwar, vol. 66, p. 133, hadith 29.

Figs

مكارم الأخلاق عن أبي ذرٍّ: أَهْدَى إِلَى النَّبِيِّ صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ طَبَقٌ عَلَيْهِ تِينٌ،
فَقَالَ لِأَصْحَابِهِ: كُلُوا، فَلَوْ قُلْتُ: فَأَكِيهَهُ نَزَلَتْ مِنَ الْجَنَّةِ، لَقُلْتُ هَذِهِ؛ لِأَنَّهَا فَأَكِيهَهُ بِلا
عَجَمٍ فَكُلُوهَا؛ فَإِنَّهَا تَقْطَعُ الْبَوَاسِيرَ، وَتَنْفَعُ مِنَ النَّقَرِيسِ



Makarim al-Akhlaq narrates from Abu Dharr: “A plate of figs was presented to the Prophet (peace be upon him and his family). He said to his companions: ‘Eat, for if I were to say that a fruit descended from Paradise, I would say it is this one, for it is a fruit without seeds. Eat it, for it cures hemorrhoids and is beneficial for gout.’”

Makarim al-Akhlaq, vol. 1, p. 376, hadith 1251; Bihar al-Anwar, vol. 66, p. 186, hadith 4.

عن أحمد بن محمد بن أبي نصر عن الإمام الرضا صلوات الله عليه: التين يذهب
بالبخر، ويشد الفم والعظم، وينبت الشعر، ويذهب بالداء ولا يحتاج معه إلى
دواء

Ahmed ibn Muhammad ibn Abi Nasr narrates from Imam al-Ridha (peace be upon him): “Figs remove bad breath, strengthen the mouth and bones, stimulate hair growth, and cure illness without the need for other medicine.”

Al-Kafi, vol. 6, p. 358, hadith 1; Al-Mahasin, vol. 2, p. 372, hadith 2298; Bihar al-Anwar, vol. 66, p. 185, hadith 2.

Pomegranate

Our Master and Lord Imam al-Kadhim (peace be upon him) said: “Whoever eats a pomegranate on Friday, that pomegranate will illuminate his heart for forty mornings; if he eats two pomegranates, it will illuminate it for eighty days; and if he eats three pomegranates, it will illuminate it for one hundred twenty days. Also, the



whisperings of Satan will be removed from him, and whoever has the whisperings of Satan removed from him will not disobey Allah, and whoever does not disobey Allah will enter Paradise.”

Al-Kafi, vol. 6, p. 352, hadith 4; Al-Mahasin, vol. 2, p. 351, hadith 2213; Bihar al-Anwar, vol. 66, p. 156, hadith 11.

قَالَ سَيِّدُنَا وَمَوْلَانَا الْإِمَامُ الصَّادِقُ صَلَوَاتُ اللَّهِ عَلَيْهِ: رَأَيْتُ رَسُولَ اللَّهِ صَلَوَاتُ اللَّهِ عَلَيْهِ وَآلِهِ قَدْ اسْتَقْبَلَ رُمَّانَةً وَقَالَ: يَا يَزِيدُ! أَيُّهَا مُؤْمِنٍ أَكَلَ رُمَّانَهُ حَتَّى يَسْتَوْفِيَهَا؛ أَذْهَبَ اللَّهُ عَزَّ وَجَلَّ الشَّيْطَانَ عَنْ إِنْارِهِ قَلْبِهِ أَرْبَعِينَ صَبَاحًا، وَمَنْ أَكَلَ اثْنَتَيْنِ؛ أَذْهَبَ اللَّهُ عَزَّ وَجَلَّ الشَّيْطَانَ عَنْ إِنْارِهِ قَلْبِهِ مِئَةَ يَوْمٍ، وَمَنْ أَكَلَ ثَلَاثًا حَتَّى يَسْتَوْفِيَهَا؛ أَذْهَبَ اللَّهُ عَزَّ وَجَلَّ الشَّيْطَانَ عَنْ إِنْارِهِ قَلْبِهِ سَنَةً، وَمَنْ أَذْهَبَ اللَّهُ الشَّيْطَانَ عَنْ إِنْارِهِ قَلْبِهِ سَنَةً لَمْ يُذْنِبْ، وَمَنْ لَمْ يُذْنِبْ دَخَلَ الْجَنَّةَ

Our Master and Lord Imam al-Sadiq (peace be upon him) said: “I saw the Messenger of Allah (peace be upon him and his family) receiving a pomegranate and saying: ‘O Yazid! Whoever eats a pomegranate until he finishes it, Allah, the Almighty, will remove Satan from the light of his heart for forty mornings; and whoever eats two pomegranates, Allah will remove Satan from the light of his heart for one hundred days; and whoever eats three pomegranates until he finishes them, Allah will remove

Satan from the light of his heart for one year. And whoever has Satan removed from the light of his heart for one year will not commit sin, and whoever does not commit sin will enter Paradise.”

Al-Kafi, vol. 6, p. 353, hadith 9; Al-Mahasin, vol. 2, p. 358, hadith 2243; Makarim al-Akhlaq, vol. 1, p. 370, hadith 1220; Bihar al-Anwar, vol. 66, p. 162, hadith 38.

Quince

قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ: كُلُّوا السَّفَرَجَلَ؛ فَإِنَّهُ يَجْلُو الْفُؤَادَ. وَمَا بَعَثَ اللَّهُ نَبِيًّا إِلَّا أَطْعَمَهُ مِنْ سَفَرَجَلِ الْجَنَّةِ، فَيَزِيدُ فِيهِ قُوَّةَ أَرْبَعِينَ رَجُلًا



The Messenger of Allah (peace be upon him and his family) said: “Eat quince, for it cleanses the heart. Allah did not send any prophet except that He fed him from the quince of Paradise, and it increases him in strength equivalent to forty men.”

Makarim al-Akhlaq, vol. 1, p. 373, hadith 1242; Bihar al-Anwar, vol. 66, p. 177, hadith 37.

قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ: رَائِحَةُ الْأَنْبِيَاءِ عَلَيْهِمُ السَّلَامُ رَائِحَةُ
السَّفَرِجَلِ، وَرَائِحَةُ الْحُورِ الْعِينِ رَائِحَةُ الْآسِ، وَرَائِحَةُ الْمَلَائِكَةِ رَائِحَةُ الْوَرْدِ، وَ
رَائِحَةُ ابْنَتِي فَاطِمَةَ الزَّهْرَاءُ صَلَوَاتُ اللَّهِ عَلَيْهَا رَائِحَةُ السَّفَرِجَلِ وَالْآسِ وَالْوَرْدِ، وَلَا
بَعَثَ اللَّهُ نَبِيًّا وَلَا وَصِيًّا إِلَّا وَجَدَ مِنْهُ رَائِحَةَ السَّفَرِجَلِ؛ فَكُلُّوْهَا وَأَطْعِمُوا حَبَالَكُمْ
يُحَسِّنْ أَوْلَادَكُمْ

The Messenger of Allah (peace be upon him and his family) said: "The fragrance of the prophets (peace be upon them) is the fragrance of quince; the fragrance of the maidens of Paradise is the fragrance of the herb called 'As; the fragrance of the angels is the fragrance of roses; and the fragrance of my daughter Fatimah al-Zahra (peace be upon her) is a mixture of quince, 'As, and roses. Allah did not send any prophet or appoint any successor except that the fragrance of quince was found in them. So eat quince and feed it to your pregnant women to improve your children."

Jami' al-Ahadith by al-Qummi, p. 82; Bihar al-Anwar, vol. 66, p. 177, hadith 39; also referenced in Makarim al-Akhlaq, vol. 1, p. 373, hadith 1239.

Vegetables of Paradise in Tib e Ahlebait as

Lemon Balm

قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ: الْحَوْكُ بَقْلَةٌ طَيِّبَةٌ، كَأَنِّي أَرَاهَا نَابِتَةً فِي الْجَنَّةِ



The Messenger of Allah (peace be upon him and his family) said: “Hok (Lemon Balm) is a pure vegetable, as if I see it growing in Paradise.” Makarim al-Akhlaq, vol. 1, p. 388, hadith 1310; Bihar al-Anwar, vol. 66, p. 215, hadith 14.

قَالَ سَيِّدُنَا وَمَوْلَانَا الْإِمَامُ عَلِيُّ بْنُ أَبِي طَالِبٍ عَلَيْهِ السَّلَامُ: نَظَرَ رَسُولُ اللَّهِ إِلَى الْبَاذِرُوجِ فَقَالَ: هَذَا الْحَوْكُ، كَأَنِّي أَنْظُرُ إِلَى مَنبَتِهِ فِي الْجَنَّةِ

Our Master and Lord Imam Ali (peace be upon him) said: “The Messenger of Allah looked at the badroj and said: ‘This is Hok (Lemon Balm) ; as if I see its place of growth in Paradise.’”

Al-Mahasin, vol. 2, p. 319, hadith 2075; Makarim al-Akhlaq, vol. 1, p. 388, hadith 1310; Da'a'im al-Islam, vol. 2, p. 113, hadith 375; Bihar al-Anwar, vol. 66, p. 213, hadith 2.

Leek

الإمام الصادق عن آبائه صلوات الله عليهم ذكر البقول عند رسول الله صلوات الله عليه وآله، فقال: سنام البقول ورأسها الكراث، وفصله على البقول كفضل الخبز على سائر الأشياء، وفيه بركة، وهي بقلتي وبقلة الأنبياء قبلي، وأنا أحبه وأكله، وراه وحسنا كآني أنظر إلى نباته في الجنة يبرق ورقه خضر

Al-Mahasin, vol. 2, p. 318, hadith 2071,
from Wahb ibn Wahb; Bihar al-Anwar,
vol. 66, p. 204, hadith 17.



Imam Al-Sadiq (peace be upon him) reported from his ancestors (peace be upon them) that the Prophet of Allah (peace be upon him and his family) mentioned vegetables. He said: "The summit of vegetables and their chief is the leek. Its superiority over other

vegetables is like the superiority of bread over other foods. There is blessing in it, and it is my vegetable and the vegetable of the prophets before me. I love it and eat

it. It is as though I see its plant in paradise, with its leaves gleaming green and beautiful."

الإمام الصادق عن آبائه صلوات الله عليهم ذكر البقول عند رسول الله صلوات الله عليه وآله، فقال: سنام البقول ورأسها الكراث، وفضله على البقول كفضل الخبز على سائر الأشياء، وفيه بركة، وهي بقلتي وبقلة الأنبياء قبلي، وأنا أحبه وأكله، وكأني أنظر إلى نباته في الجنة يبرق ورقه خضرةً وحسناً

Al-Mahasin, vol. 2, p. 318, hadith 2071, from Wahb ibn Wahb; Bihar al-Anwar, vol. 66, p. 204, hadith 17.

Imam Al-Sadiq (peace be upon him) reported from his ancestors (peace be upon them): "When vegetables were mentioned in the presence of the Prophet of Allah (peace be upon him and his family), he said: 'The leek is the best of vegetables and its excellence over other vegetables is like the excellence of bread over other things. There is blessing in it, and it is my vegetable and the vegetable of the prophets before me. I love it and eat it. It is as though I see its plant in paradise, with its leaves gleaming green and beautiful.'"

عن يحيى بن سليمان: رَأَيْتُ أَبَا الْحَسَنِ الرِّضَا صَلَوَاتُ اللَّهِ عَلَيْهِ بِخُرَاسَانَ فِي رَوْضِهِ وَهُوَ يَأْكُلُ الْكُرَّاثَ، فَقُلْتُ لَهُ: جُعِلْتُ فِدَاكَ! إِنَّ النَّاسَ يَرَوْنَ أَنَّ الْهِنْدَبَاءَ يَقْطُرُ عَلَيْهِ كُلَّ يَوْمٍ قَطْرَةً مِنَ الْجَنَّةِ؟ فَقَالَ: إِنْ كَانَ الْهِنْدَبَاءُ يَقْطُرُ عَلَيْهِ قَطْرَةٌ مِنَ الْجَنَّةِ، فَإِنَّ الْكُرَّاثَ مُنْغَمِسٌ فِي الْمَاءِ فِي الْجَنَّةِ قُلْتُ: فَإِنَّهُ يُسَبَّدُ؟ فَقَالَ: لَا يَعْلَقُ بِهِ شَيْءٌ

Al-Mahasin, vol. 2, p. 318, hadith 2072; Bihar al-Anwar, vol. 66, p. 206, hadith 18.

Yahya ibn Sulayman reported: "I saw Abu al-Hasan al-Ridha (peace be upon him) in Khorasan in a garden, eating leek. I said to him: 'May I be sacrificed for you! People narrate that every day a drop from paradise descends upon endive.' He said: 'If endive receives a drop from paradise every day, then leek is immersed in the water of paradise.' I asked: 'Does it receive manure?' He replied: 'Nothing sticks to it.'"

Mushroom



قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ: الْكَمَّاءُ مِنْ نَبْتِ الْجَنَّةِ، وَمَاؤُهَا نَافِعٌ مِنْ وَجَعِ

الْعَيْنِ

Al-Mahasin, vol. 2, p. 335, hadith 2149, from Ibrahim ibn Ali al-Rafii, from Imam Al-Sadiq (peace be upon him); Bihar al-Anwar, vol. 66, p. 232, hadith 3.

The Messenger of Allah (peace be upon him and his family) said: "The mushroom is from the plants of paradise, and its water is beneficial for eye pain."

قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ: الْكَمَّاءُ مِنَ الْمَنِّ وَالْمَنُّ مِنَ الْجَنَّةِ، وَمَاؤُهَا
شِفَاءٌ لِلْعَيْنِ

Al-Kafi, vol. 6, p. 370, hadith 2; Al-Mahasin, vol. 2, p. 335, hadith 2150, both from Abdul Rahman ibn Zaid, from Imam Al-Sadiq (peace be upon him); Tibb al-A'immah (Medicine of the Imams) by Ibn Bustam, p. 82, from Jabir ibn Yazid al-Ju'fi, from Imam al-Baqir, from his father, from his grandfather (peace be upon them), from the Messenger of Allah (peace be upon him and his family), Bihar al-Anwar, vol. 62, p. 152, hadith 28.

The Messenger of Allah (peace be upon him and his family) said: "The mushroom is from 'manna,' and 'manna' is from paradise. Its water is also a cure for the eyes."

قَالَ سَيِّدُنَا وَمَوْلَانَا الْإِمَامُ عَلِيُّ صَلَوَاتُ اللَّهِ عَلَيْهِ: كُلُّوا الْهِنْدَبَاءَ، فَمَا مِنْ صَبَاحٍ إِلَّا وَ
تَنْزِيلٌ عَلَيْهَا قَطْرَةٌ مِنَ الْجَنَّةِ، فَإِذَا أَكَلْتُمُوهَا فَلَا تَنْفُضُوهَا

Al-Kafi, vol. 6, p. 363, hadith 8, from Abu Basir; Al-Mahasin, vol. 2, p. 311, hadith 2037, from Mutanni ibn Ziyad, both from Imam Al-Sadiq (peace be upon him); Al-Khassal, p. 636, hadith 10, from Abu Basir and Muhammad ibn Muslim; Tibb al-A'immah by Ibn Bustam, p. 137, from Muhammad ibn Abu Zaynab, both from Imam Al-Sadiq (peace be upon him) and his ancestors (peace be upon them); Makarim al-Akhlaq, vol. 1, p. 384, hadith 1290, all similar; Bihar al-Anwar, vol. 66, p. 207, hadith 6.

Chicory



Our master and leader, Imam Ali (peace be upon him), said: "Eat Chicory , for there is not a morning that passes except a drop from Paradise falls upon it. So when you eat it, do not shake off the droplets

قَالَ سَيِّدُنَا وَمَوْلَانَا الْإِمَامُ الصَّادِقُ صَلَوَاتُ اللَّهِ عَلَيْهِ: نِعَمَ الْبَقْلُ الْهِنْدَبَاءُ، وَلَيْسَ مِنْ وَرَقِهِ إِلَّا وَ عَلَيْهَا قَطْرَةٌ مِنَ الْجَنَّةِ، فَكُلُوهَا وَلَا تَنْفُضُوهَا عِنْدَ أَكْلِهَا. وَكَانَ أَبِي صَلَوَاتُ اللَّهِ عَلَيْهِ يَنْهَانَا أَنْ نَنْفُضَهُ إِذَا أَكَلْنَاهُ.

الكافي، ج 6، ص 363، ح 4، المحاسن، ج 2، ص 311، ح 2040 كلاهما عن السكوني، بحار الأنوار، ج 66، ص 207، ح 9

Our master and leader, Imam al-Sadiq (peace be upon him), said: Chicory is an excellent vegetable, and there is not a single leaf of it except that it has a drop from Paradise on it. Eat it, and do not shake it off when eating. My father (peace be upon him) used to forbid us from shaking it when we ate it."

Black Myrobalan

پیامبر صلی اللہ علیہ و آلہ: عَلَیْكُمْ بِالْأُحْلِیَجِ الْأَسْوَدِ فَإِنَّهُ مِنْ شَجَرَةِ الْجَنَّةِ وَ طَعْمُهُ مُرٌّ وَ فِيهِ شِفَاءٌ مِنْ كُلِّ دَاءٍ؛



The Prophet Muhammad (peace be upon him) said:
"You should consume black myrobalan (hllaj), as it
comes from the trees of paradise. Its taste is bitter,
but it is a cure for every ailment."
[Medicine of the Prophet, p. 31]

Foods of Paradise in Quran

Foods of Paradise in the Quran

Fruits:

Dates:



وَهَزِي إِلَيْكَ بِجُذْعِ النَّخْلَةِ تُسَاقِطُ عَلَيْكَ رُطْبًا جَنِيًّا

towards you; it will drop fresh, ripe dates
upon you"

(Surah Maryam 19:25)

فِيهِمَا فَاكِهَةٌ وَنَخْلٌ وَرُمَّانٌ

"In both of them are fruit, date-palms, and
pomegranates"

(Surah Ar-Rahman 55:68)

وَفَاكِهَةٌ وَأَبَّاءُ

"And fruits and fodder"

(Surah Abasa 80:31)

Pomegranates:

فِيهِمَا فَاكِهَةٌ وَنَخْلٌ وَرُمَّانٌ

"In both of them are fruit, date-palms, and pomegranates"

(Surah Ar-Rahman 55:68)

Grapes:



إِنَّ لِلْمُتَّقِينَ مَفَازًا ۝ حَدَائِقَ وَأَعْنَابًا

"Indeed, the righteous will be in a place of safety - Gardens and grapevines"

(Surah An-Naba 78:31-32)

فِيهَا مِنْ كُلِّ الثَّمَرَاتِ

"In it is from every kind of fruit"

(Surah Ar-Ra'd 13:35)

وَفَاكِهَةٍ مِّمَّا يَتَخَيَّرُونَ

"And fruits of their own choice"

(Surah Al-Waqi'ah 56:20)

Various Fruits:

كَلَّمَارُزِقُوا مِنْهَا مِنْ ثَمَرَةٍ رَزَقُوا قَالَوا هَذَا الَّذِي رَزَقْنَا مِنْ قَبْلُ وَأَتُوا بِهِ مُتَشَابِهًا -

"Whenever they are provided with a fruit therefrom, they will say, 'This is what we were provided with before,' and they will be given fruits in resemblance"
(Surah Al-Baqarah 2:25)

Vegetables and Fodder:

وَفَاكِهَةٍ وَأَبَاً

"And fruits and fodder"
(Surah Abasa 80:31)

وَأَنْبَتْنَا فِيهَا مِنْ كُلِّ زَوْجٍ بَهِيجٍ -

"And We caused to grow therein every kind of beautiful pair"
(Surah Qaf 50:7)

Meat:

Bird Meat:

وَلَحْمِ طَيْرٍ مِمَّا يَشْتَهُونَ



"And the flesh of fowl from whatever they desire"
(Surah Al-Waqi'ah 56:21)

Pure Honey:

فِيهَا أَنْهَارٌ مِّنْ مَّاءٍ غَيْرِ آسِنٍ وَأَنْهَارٌ مِّنْ لَّبَنٍ لَّمْ يَتَغَيَّرْ طَعْمُهُ وَأَنْهَارٌ مِّنْ خَمْرٍ
لَّذَّةٌ لِلشَّارِبِينَ وَأَنْهَارٌ مِّنْ عَسَلٍ مُّصَفًّى



"In them are rivers of water unaltered in taste, rivers of milk, the taste of which never changes, rivers of wine delicious to those who drink, and rivers of purified honey"

(Surah Muhammad 47:15)

Purified Wine:

وَسَقَاهُمْ رَبُّهُمْ شَرَابًا طَهُورًا

"And their Lord will give them to drink a pure drink"

(Surah Al-Insan 76:21)

Ginger-Infused Drink:

وَيُسْقَوْنَ فِيهَا كَأْسًا كَانَ مِزَاجُهَا زَنْجَبِيلًا -



"And they will be given to drink a cup [of wine] mixed with ginger"(ginger sharbat)
(Surah Al-Insan 76:17)

Vitamins, Minerals, Amino acids



Here's an updated overview of the vitamins, minerals, amino acids, and other natural chemicals present in the listed foods:

Watermelon

- Vitamins: A, B6, C
- Minerals: Magnesium, Potassium
- Amino Acids: Citrulline
- Phytochemicals: Lycopene (antioxidant), Beta-carotene

Ajwa Dates

- Vitamins: A, B-complex (B1, B2, B3, B5), C
- Minerals: Potassium, Magnesium, Copper, Selenium, Zinc
- Amino Acids: Aspartic acid, Glutamic acid, Proline
- Phytochemicals: Flavonoids, Carotenoids, Phenolic compounds

Figs

- Vitamins: A, B-complex, C, K
- Minerals: Calcium, Iron, Magnesium, Potassium
- Amino Acids: Leucine, Lysine, Valine
- Phytochemicals: Polyphenols, Anthocyanins, Flavonoids

Pomegranate

- Vitamins: C, K, Folate
- Minerals: Potassium, Phosphorus
- Amino Acids: Arginine, Methionine, Lysine
- Phytochemicals: Punicalagins, Anthocyanins, Ellagic acid

Quince

- Vitamins: A, B1, B6, C
- Minerals: Potassium, Magnesium, Copper
- Amino Acids: Leucine, Phenylalanine, Valine
- Phytochemicals: Quercetin, Kaempferol, Tannins

Lemon Balm

- Vitamins: A, C
- Minerals: Calcium, Magnesium, Potassium
- Amino Acids: Glutamic acid, Aspartic acid, Alanine
- Phytochemicals: Rosmarinic acid, Tannins, Flavonoids

Leek Vegetable

- Vitamins: A, C, K, B6, Folate
- Minerals: Iron, Magnesium, Manganese
- Amino Acids: Glutamine, Asparagine
- Phytochemicals: Allicin, Kaempferol, Sulfur compounds

Mushroom

- Vitamins: D, B2, B3, B5, B12
- Minerals: Selenium, Copper, Potassium, Phosphorus
- Amino Acids: Glutamic acid, Aspartic acid, Lysine

- Phytochemicals: Beta-glucans, Ergothioneine, Polysaccharides

Chicory

- Vitamins: A, B6, C, E, K
- Minerals: Calcium, Iron, Magnesium
- Amino Acids: Glutamine, Lysine, Proline
- Phytochemicals: Inulin, Polyphenols, Flavonoids

Black Myrobalan

- Vitamins: C
- Minerals: Iron, Potassium, Magnesium
- Amino Acids: Tannins, Gallic acid
- Phytochemicals: Chebulinic acid, Chebulagic acid, Ellagic acid

Grapes

- Vitamins: C, K, B6
- Minerals: Potassium, Copper, Manganese
- Amino Acids: Arginine, Proline
- Phytochemicals: Resveratrol, Quercetin, Anthocyanins

Dates

- Vitamins: B6, K
- Minerals: Potassium, Magnesium, Copper
- Amino Acids: Glutamic acid, Aspartic acid, Lysine
- Phytochemicals: Flavonoids, Carotenoids, Phenolic acids

Honey

- Vitamins: B-complex (B1, B2, B3, B5, B6), C
- Minerals: Calcium, Iron, Zinc, Potassium, Phosphorus
- Amino Acids: Proline, Glutamic acid
- Phytochemicals: Flavonoids, Phenolic acids, Enzymes

Ginger

- Vitamins: B6, C
- Minerals: Magnesium, Manganese, Potassium
- Amino Acids: Valine, Isoleucine, Methionine
- Phytochemicals: Gingerol, Shogaol, Zingeron

Sources

To include sources in your evidence book, you can refer to reputable scientific literature and databases. Here's a list of sources you might use:

1. Watermelon:

- Journal of Food Science
- Nutrients (MDPI)

2. Ajwa Dates:

- Journal of Food Science and Technology
- Journal of Agricultural and Food Chemistry

3. Figs:

- Food Chemistry
- Nutrients (MDPI)

4. Pomegranate:

- Journal of Medicinal Food
- Phytotherapy Research

5. Quince:

- Food Chemistry
- Journal of Functional Foods

6. Lemon Balm:

- Journal of Ethnopharmacology
- Planta Medica

7. Leek Vegetable:

- Journal of Food Science and Technology
- Journal of Agricultural and Food Chemistry

8. Mushroom:

- Mycological Research
- Journal of Agricultural and Food Chemistry

9. Chicory:

- Food Chemistry
- Journal of Functional Foods

10. Black Myrobalan (Haritaki):

- Journal of Ethnopharmacology
- Phytotherapy Research

11. Grapes:

- Journal of Agricultural and Food Chemistry
- Food Chemistry

12. Dates:

- Journal of Food Science
- Journal of Agricultural and Food Chemistry

13. Honey:

- Food Chemistry
- Journal of Apicultural Research

14. Ginger:

- Journal of Ethnopharmacology
- Food Chemistry

The Healing Power of a Mixture of Paradise Foods:

A Potential Cure for All Diseases

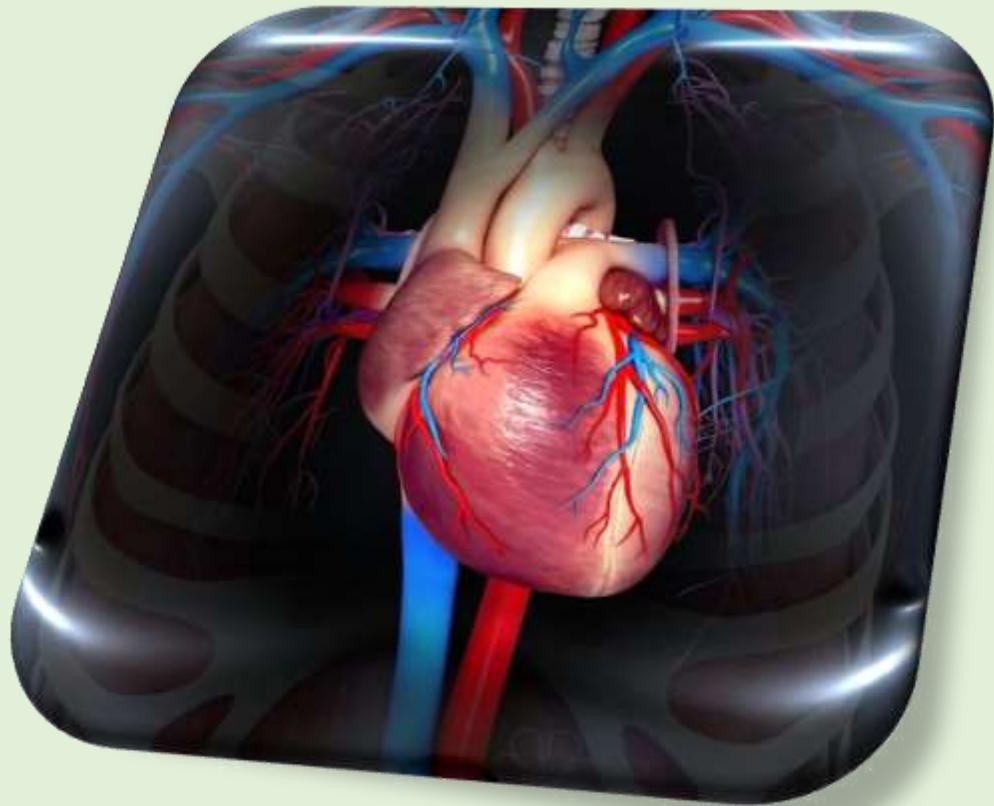
The foods you've listed—watermelon, ajwa dates, figs, pomegranate, quince, lemon balm, leek vegetable, mushroom, chicory, black myrobalan, grapes, dates, honey, and ginger—are often considered superfoods due to their dense nutrient profiles and healing properties. When combined, these ingredients could potentially form a powerful remedy capable of addressing a wide range of health conditions. Below, I'll detail why each of these foods is beneficial and how their combination could create a potent, all-encompassing medicine.

"I have written a book on the foods favored by the Ahlebait, detailing their benefits as recognized in medical science. The book, titled The Ahlebait Food and Medical Science, is available for free in PDF format."

(These are foods of paradise, and if combined into one medicine, it might cure all diseases and become a very powerful remedy.)

Here is a detailed explanation of why the combined mixture benefits each organ and system medically:

Cardiovascular System



Heart: The antioxidants in pomegranate and grapes help reduce oxidative stress and inflammation, improving heart health. The potassium in watermelon and dates helps regulate blood pressure, reducing the risk of hypertension and heart disease.

Blood Vessels: The fiber in fruits like figs and the anti-inflammatory properties of ginger and honey strengthen blood vessel walls, enhancing circulation and reducing the risk of atherosclerosis.

Digestive System



Stomach: Ginger and honey soothe the stomach lining and reduce acidity. Ginger has anti-nausea properties and honey has antimicrobial effects that protect against infections.

Intestines: The fiber in figs, chicory, and leek supports regular bowel movements, improves gut health, and

promotes beneficial gut flora, which aids in digestion and nutrient absorption.

Liver: Lemon balm and chicory contain compounds that support liver detoxification processes, enhancing liver function and aiding in the removal of toxins from the body.

Pancreas: The polyphenols in pomegranate and grapes may improve insulin sensitivity and support the regulation of blood sugar levels, benefiting pancreatic function.

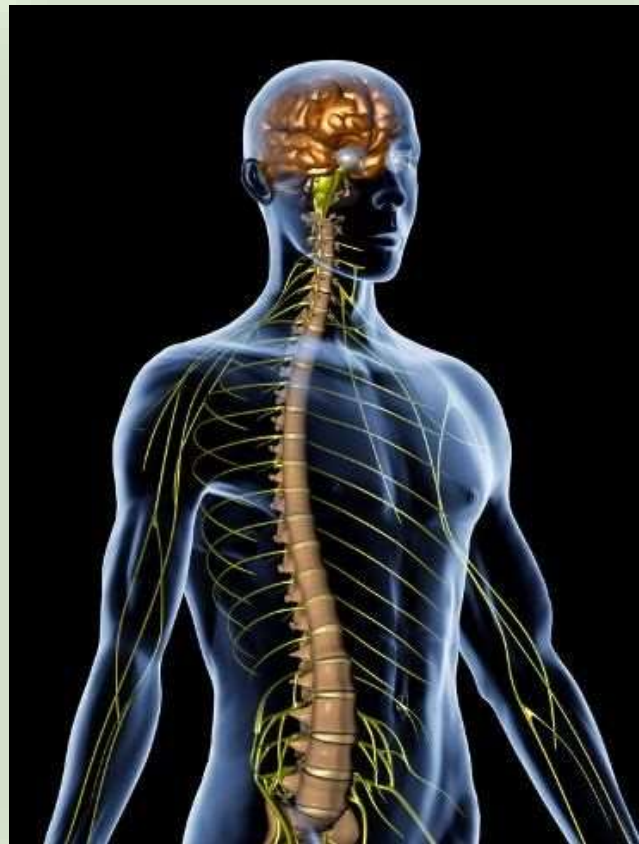
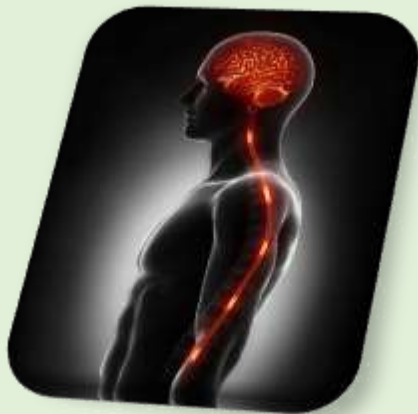
Immune System



Immune Cells: Vitamin C from pomegranate, watermelon, and lemon balm boosts the production and function of immune cells, enhancing the body's ability to fight infections.

Lymphatic System: Ginger and honey have anti-inflammatory and antimicrobial properties that support lymphatic drainage and reduce inflammation, aiding in immune response.

Nervous System



dxBrain: Antioxidants in grapes, pomegranate, and mushrooms protect brain cells from oxidative damage and support cognitive function. The amino acids and vitamins present aid neurotransmitter function and mental clarity.

Nerves: The anti-inflammatory properties of ginger and the nerve-supporting vitamins and minerals in mushrooms and dates help protect and repair nerve cells, improving overall nerve function.

Respiratory System



Lungs: Ginger and honey have anti-inflammatory and soothing effects that reduce inflammation in the respiratory tract and ease symptoms of respiratory conditions. Vitamin C from fruits supports lung health and immune function.

Sinuses: Lemon balm and ginger help reduce sinus inflammation and congestion, promoting clearer sinuses and improved breathing.

Musculoskeletal System

Bones: The minerals in figs, mushrooms, and leeks, such as calcium and magnesium, support bone density and strength, reducing the risk of osteoporosis.

Joints: Anti-inflammatory compounds in ginger and honey reduce joint inflammation and pain, enhancing joint flexibility and health.



Muscles: The natural sugars and amino acids in dates and honey provide energy and aid muscle recovery, reducing fatigue and supporting muscle health.

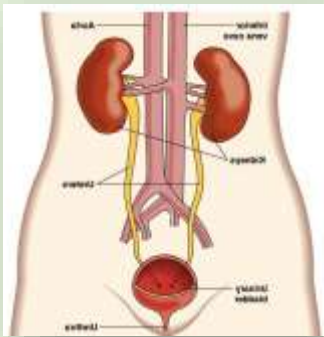
Endocrine System

Hormones: The vitamins and minerals in this mixture help regulate hormone production and balance, supporting reproductive health and alleviating symptoms of hormonal imbalances.



Thyroid Gland: Nutrients like iodine and selenium in mushrooms and figs support thyroid function, aiding in the regulation of metabolism and energy levels.

Urinary System



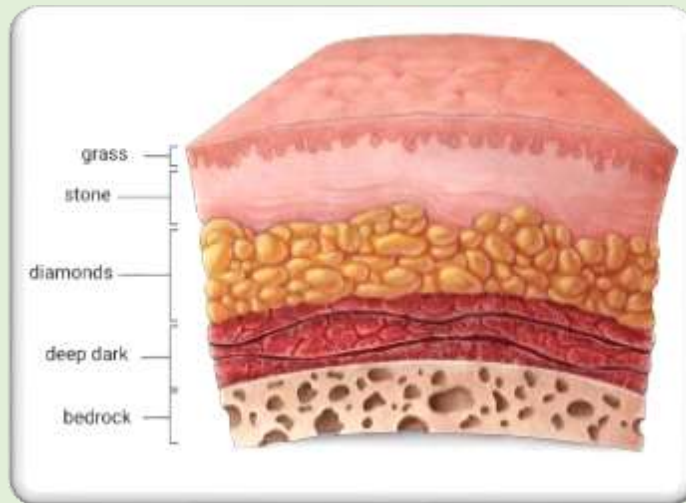
Kidneys: The diuretic properties of watermelon and the detoxifying effects of lemon balm support kidney function and help prevent kidney stones and infections.

Bladder: The anti-inflammatory properties of ginger and honey support bladder health and reduce the risk of urinary tract infections.

Integumentary System

Skin: Antioxidants in pomegranate and grapes, along with vitamins from figs and watermelon, protect the skin from

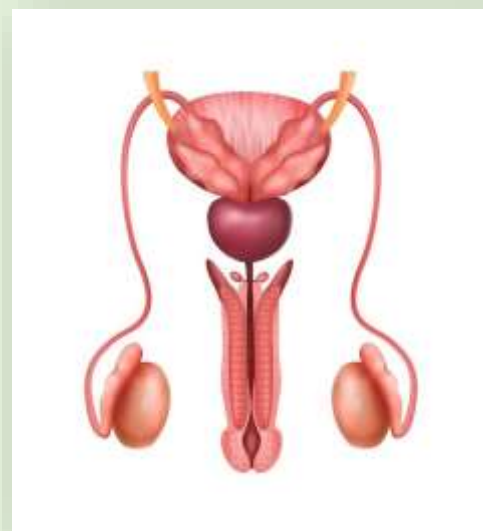
oxidative damage, reduce wrinkles, and support overall skin health.



Hair: Nutrients like vitamins and minerals in dates and figs strengthen hair follicles, improve hair growth, and reduce hair loss.

Nails: The minerals in mushrooms and leeks strengthen nails, reducing brittleness and promoting healthy growth.

Reproductive System



Male Reproductive Health: Antioxidants and amino acids in dates and pomegranate support sperm production, improve fertility, and enhance sexual health.

Female Reproductive Health: The mixture helps regulate menstrual cycles and supports healthy pregnancy through the balance of essential nutrients and hormones.

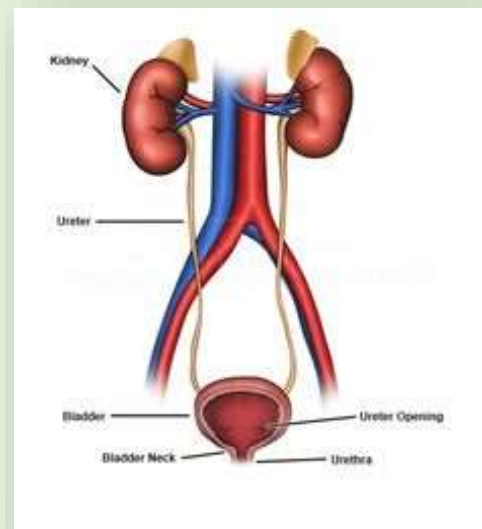
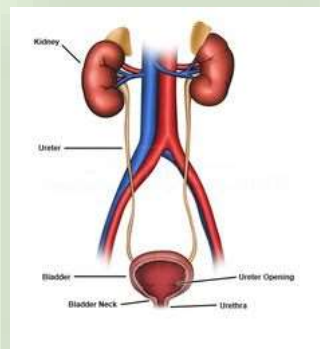
Circulatory System

Blood: The iron and vitamin C in this mixture support the production of healthy red blood cells and improve oxygen transport throughout the body, enhancing overall blood quality.



Lymphatic Fluid: The anti-inflammatory properties of ginger and honey support the circulation of lymphatic fluid, reducing swelling and promoting immune function.

Excretory System



Colon: Fiber from figs and chicory promotes regular bowel movements, reduces the risk of colon-related diseases, and supports overall colon health.

Sweat Glands: The diuretic and detoxifying effects of watermelon and lemon balm support the excretion of

toxins through sweat, reducing the burden on other detoxification organs.

Sensory Organs

Eyes: Antioxidants like vitamin A in figs and beta-carotene in other fruits protect the eyes from damage, reduce the risk of eye diseases, and support overall vision health.

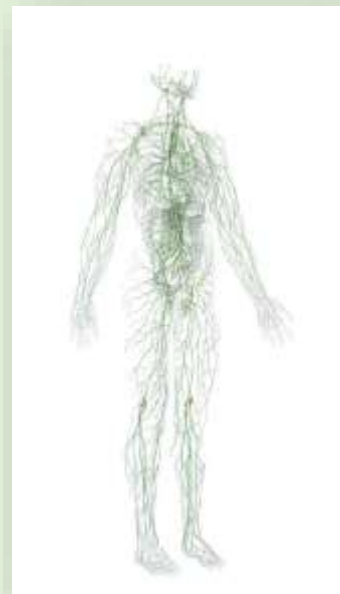


Ears: Anti-inflammatory properties in ginger and vitamins in the mixture support ear health, reduce inflammation, and enhance auditory function.

Taste and Smell: The nutrients in this mixture support the function of taste buds and olfactory receptors, improving the senses of taste and smell.

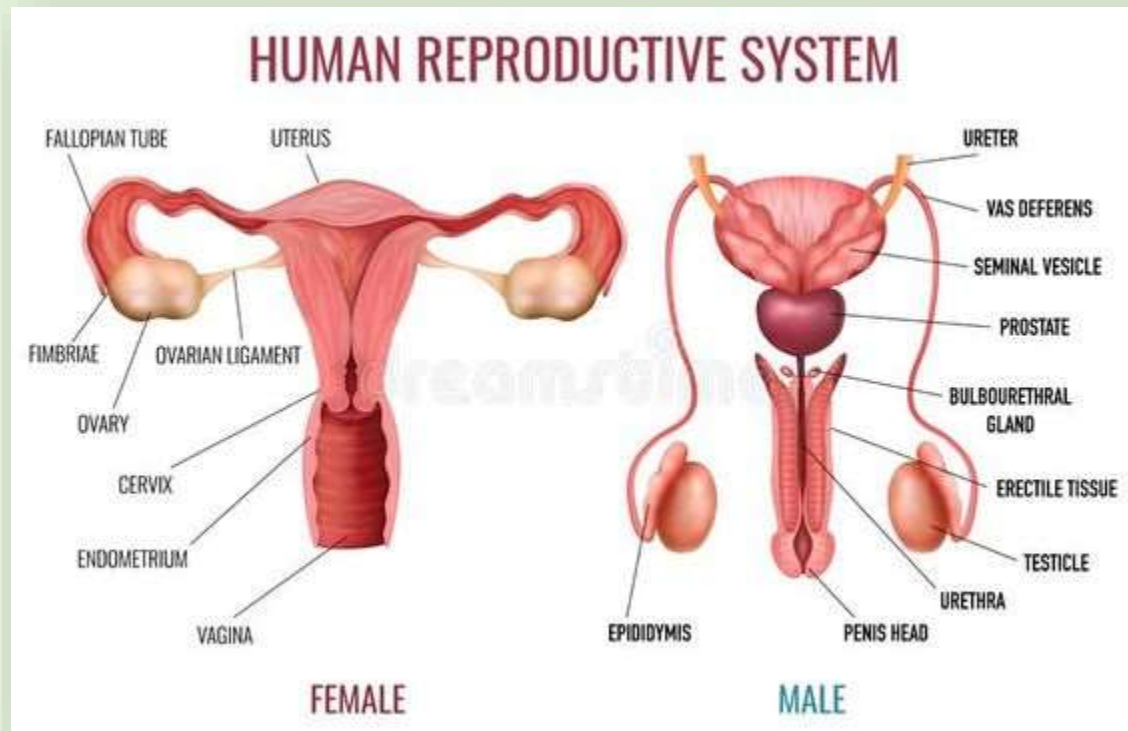
Immune and Lymphatic Systems

Immune Organs: Nutrients like vitamin C and antioxidants support the function of the thymus, spleen, and lymph nodes, enhancing overall immune response and protection.



Lymphatic System: The mixture promotes lymphatic fluid drainage and supports immune function, reducing the risk of infections and chronic inflammation.

Reproductive Organs



Ovaries/Testes: The combination of vitamins and minerals supports reproductive health, enhances fertility, and maintains sexual health.

Uterus/Prostate: Nutrients in the mixture support the health of the uterus and prostate, reducing the risk of related diseases and promoting overall reproductive health.

Detoxification Systems

Liver: Detoxifying agents like lemon balm and chicory support liver function, aiding in the breakdown and elimination of toxins from the body.

Kidneys: Diuretic properties and detoxifying nutrients support kidney function and enhance the excretion of waste products.



Skin: The mixture promotes detoxification through the skin, reducing the burden on other detoxification organs and supporting overall skin health.

This comprehensive blend of nutrients and compounds works synergistically to support and enhance the

function of every organ and system in the body,
promoting overall health and well-being.

5 Paradise Fruits

Imam Sadiq (AS) said: "There are five types of heavenly fruits found in this world: the wild pomegranate, apple, quince, grape, and fresh dates of the 'Mushan' variety."

Source: Al-Khisal, Vol. 2, p. 289

عَنْ أَبِي عَبْدِ اللَّهِ عَلَيْهِ السَّلَامُ قَالَ: خَمْسٌ مِنْ فَاكِهَةِ الْجَنَّةِ فِي الدُّنْيَا الرُّمَّانُ
الْأَمْلِسِيُّ وَالتُّفَّاحُ وَالسَّفَرُّجُلُ وَالْعِنَبُ وَالرُّطَبُ الْمُشَانُ

Haleem



Imam Ja'far al-Sadiq (AS) said: "Allah, the Blessed and Exalted, gifted the Messenger of Allah (PBUH) with Harisa (Hakeem) from the food of Paradise, which was planted in the gardens of Paradise and prepared by the Houris."
(Source: Al-Mahasin by Ahmad ibn Muhammad ibn Khalid al-Barqi, Vol. 2, p. 404)

عَنْ أَبِيهِ عَنْ أَبِي بَصِيرٍ عَنْ أَبِي عَبْدِ اللَّهِ قَالَ: إِنَّ اللَّهَ تَبَارَكَ وَتَعَالَى أَهْدَى إِلَى رَسُولِ
اللَّهِ صَ هَرِيسَةً مِنْ هَرَائِسِ الْجَنَّةِ غُرِسَتْ فِي رِيَاضِ الْجَنَّةِ وَفَرَكَهَا الْحُورُ الْعِينُ
الْمَحَاسِنُ أَحْمَدُ بْنُ مُحَمَّدٍ بْنُ خَالِدٍ الْبَرْقِيُّ ج الصَّفْحَةُ .

